



Coconut Shrimp with Fiery Mango Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



389 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon canola oil
- ☐ 8 teaspoons canola oil divided
- ☐ 0.3 cup cornstarch
- ☐ 3 large egg whites lightly beaten
- ☐ 0.5 teaspoon ginger fresh grated peeled
- ☐ 1 garlic clove minced
- ☐ 1.5 pounds shrimp
- ☐ 1.5 tablespoons juice of lime fresh

- ☐ 12 ounce apricot-mango nectar canned
- ☐ 0.7 cup onion finely chopped
- ☐ 0.5 cup panko bread crumbs (Japanese breadcrumbs)
- ☐ 0.1 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 0.3 scotch bonnet pepper
- ☐ 0.5 cup coconut or sweetened flaked

Equipment

- ☐ food processor
- ☐ frying pan
- ☐ sauce pan
- ☐ blender

Directions

- ☐ To prepare sauce, heat a small saucepan over medium-high heat.
- ☐ Add 1 teaspoon oil to pan; swirl to coat.
- ☐ Add onion, ginger, and garlic; saut 3 minutes, stirring frequently.
- ☐ Add nectar and pepper; bring to a boil. Cook 10 minutes or until reduced to 3/4 cup.
- ☐ Remove from heat; let stand 10 minutes.
- ☐ Place mixture in a blender; process until smooth. Stir in juice and 1/8 teaspoon salt. Cool.
- ☐ Peel and devein shrimp, leaving tails intact; discard shells.
- ☐ Place coconut in a food processor; pulse 6 times or until finely chopped.
- ☐ Add panko; pulse to combine.
- ☐ Place coconut mixture in a shallow dish.
- ☐ Place cornstarch in a shallow dish.
- ☐ Place egg whites in a shallow dish.
- ☐ Sprinkle shrimp evenly with 1/2 teaspoon salt. Working with 1 shrimp at a time, dredge shrimp in cornstarch, shaking off excess. Dip in egg whites; dredge in coconut mixture.

- ☐
- Heat a large nonstick skillet over medium-high heat.
- ☐
- Add 2 teaspoons canola oil to pan; swirl to coat.
- ☐
- Add 7 shrimp to pan; coat tops of shrimp with cooking spray. Cook shrimp 2 1/2 minutes on each side or until done. Repeat procedure 3 times with remaining oil and shrimp.

PROTEIN 28.68%

FAT 33.17%

CARBS 38.15%

Properties

Glycemic Index:29.25, Glycemic Load:0.65, Inflammation Score:-7, Nutrition Score:18.090434919233%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.46mg, Quercetin: 5.46mg, Quercetin: 5.46mg, Quercetin: 5.46mg

Nutrients (% of daily need)

Calories: 388.93kcal (19.45%), Fat: 14.23g (21.89%), Saturated Fat: 3.78g (23.62%), Carbohydrates: 36.82g (12.27%), Net Carbohydrates: 34.57g (12.57%), Sugar: 16.37g (18.19%), Cholesterol: 214.32mg (71.44%), Sodium: 1458.98mg (63.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.68g (55.37%), Selenium: 59.79µg (85.41%), Phosphorus: 454.86mg (45.49%), Vitamin B12: 1.94µg (32.28%), Vitamin E: 4.03mg (26.85%), Vitamin C: 17.73mg (21.49%), Copper: 0.4mg (19.98%), Vitamin B3: 3.74mg (18.72%), Vitamin A: 904.07IU (18.08%), Vitamin B6: 0.35mg (17.36%), Manganese: 0.3mg (15.15%), Magnesium: 55.22mg (13.81%), Folate: 53.43µg (13.36%), Calcium: 131.78mg (13.18%), Zinc: 1.93mg (12.85%), Vitamin B2: 0.18mg (10.47%), Potassium: 357.99mg (10.23%), Fiber: 2.25g (8.99%), Vitamin B1: 0.13mg (8.49%), Vitamin K: 8.34µg (7.95%), Iron: 1.34mg (7.45%), Vitamin B5: 0.74mg (7.36%), Vitamin D: 0.17µg (1.13%)